

3 month evaluation

Check one home _____ center _____

Number of children in your care _____

Check the policy(ies) you have addressed in your center as a result of the Team Nutrition training you received.

Check Box	Policy #	Policy Statement
	1	The daily schedule promotes a relaxed and adequate period for meals and snacks.
	2	At least 60 minutes of physical activity are scheduled daily for toddlers and preschoolers.
	3	Foods served to children meet the Child and Adult Care Food Program guidelines and the Dietary Guidelines for Americans and promote acceptance of a variety of foods.
	4	Food and physical activity are not used as incentives or punishment. Nor do we reward or punish children for what they choose to eat or what they choose as their physical activity.
	5	Children serve themselves during meals and snacks with adult supervision.
	6	Children with special needs have meals and physical activity planned with professional and family consultation.
	7	Nutrition and physical activity are taught as specific learning objectives and woven into activities throughout the day.
	8	Parents are partners in the task of fostering healthy eating and physical activity habits for children.
	9	Sanitation, hygiene and food handling are monitored to assure a healthy eating environment.
	10	Children always have access to safe drinking water and are encouraged to drink water frequently through the day.
	11	Foods are served at times and in forms that promote dental health.
	12	Physical activities, equipment and facilities are developmentally appropriate and safe and meet the National Association for Sport and Physical Education guidelines for young children.

Briefly describe the change(s) you have made.

